	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	1	2	3	4	5	6	7	8	9	0
	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72
35096	2	1	0	0	1	2	9	5	7	6	6	5	0	2	6	1	8	1	1	6	7	8	0	0	8	1	7	0	4	2	7	4	6	7	7	8
	2	4	2	5	3	2	6	3	9	6	3	4	2	7	4	6	1	5	7	5	8	7	5	1	0	4	3	5	4	7	2	0	4	6	6	1
	7	3	7	9	1	8	4	4	5	1	4	0	2	3	4	3	8	2	7	3	1	9	2	0	9	1	6	3	4	3	2	4	6	7	7	6
	3	4	7	0	2	5	2	4	7	9	1	4	8	1	8	4	3	8	0	7	1	4	6	4	6	7	0	8	1	1	0	0	7	2	4	0

s t o p t a l k i n g 1 9 7 6 ← Your message
2 1 0 0 1 2 9 5 7 6 6 5 0 2 6 ← The key (subtracted)
53 55 51 52 55 35 39 42 38 44 37 58 71 67 62 ← Encrypted Message

Actual message you read:
HEADER: Encrypted Message or

2 3 0 8 4 5 3 5 5 5 5 1 5 2 5 5 3 5 3 9 4 2

Because we can group everything after the first 5 numbers in pairs we would then add the key

53 is now 55 or S
55 is not 56 or T

A revision was made during this and I've added an end code. It is embedded within the regular alphabet to appear normal. Also, because two digits are frequently used in the code, the header message is now a 6 digit number.
So the above could look like:
02 30 84 53 55 51 52 55 35 39 42 38 44 37 58 71 67 62 24 (if we used the end code as shown below)

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	1	2	3	4	5	6	7	8	9	0	End
	16	17	18	19	20	21	22	23	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	24
77968	7	8	5	0	4	4	9	8	8	3	4	1	8	5	0	7	9	7	7	5	5	3	5	0	7	8	4	5	6	2	1	5	3	9	1	3	
	3	9	5	5	7	8	2	7	9	4	9	2	8	4	9	6	1	9	0	4	0	7	3	7	5	6	4	9	1	8	2	4	2	5	0	0	
	3	9	2	7	8	4	4	7	0	7	8	3	1	8	1	9	1	7	6	8	0	9	3	7	9	9	1	3	9	6	0	0	2	4	2	3	
	5	6	0	7	5	0	0	1	7	6	0	4	9	6	8	9	7	3	5	5	1	3	1	3	9	5	4	8	3	9	6	2	6	7	0	4	